

Amendments to the Specification:

Please replace paragraph [0006] with the following amended paragraph

[0006] The present disclosure relates to novel nutritional methods and compositions containing essential alfalfa sprouts powder which reduces certain risk factors of cardiovascular disease specifically an individual's C-reactive protein, low-density lipoproteins ("LDL") cholesterol, homocysteines and triglycerides while increasing an individual's high-density lipoproteins ("HDL") cholesterol level.